

ROCKVILLE SWIM CENTER

355 MARTINS LANE • ROCKVILLE, MARYLAND 20850 • 240-314-8750

The Swim Center, located at 355 Martins Lane, has two Indoor heated pools and two outdoor heated pools, 150 foot waterslide, saunas, whirlpool and health/exercise rooms. Different types of membership are available or you can pay a daily admission fee. For information call 240-314-8750.

Admissions fees: Adult \$5.50 Children \$4.50

Rockville residents (residing within corporate city limits, with valid City of Rockville Recreation ID available at the Swim Center for \$2)

Adult \$4.50 Children \$3.50

REGISTRATION PROCEDURES

RESIDENTS & PASSHOLDERS:

Walk-in, Telephone, Internet, Fax, Mail-in
December 3 7:30 a.m.

NON-RESIDENTS & NON-PASSHOLDERS:

Walk-in, Telephone, Internet, Fax, Mail-in
December 11 7:30 a.m.

REGISTRATION DEADLINE: January 2 - First Session
February 23 - Second Session

PLEASE READ

- Purchase your membership/pass PRIOR to registration.
- For mail-in or Fax registration FULLY complete the registration form. If paying by credit card, numbers must be valid and legible.
- The discounted fees listed for each class are only for Swim Center Passholders/Members (Punchcard/Yearly Membership). Note: Discounted fees do NOT necessarily apply to individuals with a RockEnroll ID card or to City of Rockville residents.
- Use the Swim Center registration form for swim classes and send swim lesson registrations to the Swim Center (not to City Hall).
- Management reserves the right to cancel or consolidate any class when necessary. Due to limited time there will be NO make-up classes. For information regarding cancellation of classes listen to radio station WTOP or call 240-314-8750.
- Credits or refunds only will be issued for medical reasons and must be accompanied by a letter from your doctor. \$10 withdrawal fee for all issued refunds. \$5 fee for switching classes.

Mail to: or
Swimming Lessons
Rockville Municipal Swim Center
355 Martins Lane
Rockville, MD 20850

FAX to:
Swimming Lessons
240-314-8759

- No Classes April 5-11.

Adult/Child Swim

Bubblers 1 - Adult/Child

Introduce your baby to the water in a relaxed and playful manner. Learn basic skills and water safety. An adult must accompany each child into the water and a signed doctors permission slip is required at the first class. Non-toilet trained children must wear a swim diaper under tight fitting rubber pants. Pants are on sale at the Swim Center.

#9788	Tue	Jan 6-Feb 24	9 am-9:30 am
\$53(P)/\$64(N)		Ages: 6-18 months	North Pool
#9789	Sun	Jan 11-Feb 29	9:15 am-9:45 am
\$53(P)/\$64(N)		Ages: 6-18 months	North Pool
#9790	Tue	Mar 9-May 4	9 am-9:30 am
\$53(P)/\$64(N)		Ages: 6-18 months	North Pool
#9791	Sun	Mar 7-May 2	9:15 am-9:45 am
\$53(P)/\$64(N)		Ages: 6-18 months	North Pool



Nothing cancels a good class quicker than everyone waiting until the last minute to register. If there aren't enough registrations by a certain date, the course may be cancelled.

REGISTER EARLY!

Individuals with disabilities are encouraged to register and participate in Rockville Recreation programs. To adequately plan for a successful and rewarding experience, please contact our office 240-314-8620 two weeks prior to the activity start date. Ample time is needed to secure supplementary auxiliary services and aides. For additional therapeutic program opportunities, please contact the Montgomery County Department of Recreation at 240-777-6960; TTY 240-777-6974. Upon request, this publication will be made available in alternate formats; please contact the ADA Coordinator at 240-314-8100; TTY 240-314-8137.

Bubblers 2 - Adult/Child

Tots with little or no experience are welcome! Children learn the basics of swimming such as submerging, floating, kicking and arm stroking. An adult must accompany each child into the water and a signed doctors permission slip is required at the first class. Non-toilet-trained children must wear a swim diaper under tight fitting rubber pants. Pants are on sale at the Swim Center.

#9792	Thu	Jan 8-Feb 26	9 am-9:30 am
\$53(P)/\$64(N)		Ages: 1½-3	North Pool
#9793	Sat	Jan 10-Feb 28	10:10 am-10:40 am
\$53(P)/\$64(N)		Ages: 1½-3	North Pool
#9794	Sat	Jan 10-Feb 28	11:25 am-11:55 am
\$53(P)/\$64(N)		Ages: 1½-3	North Pool
#9795	Sun	Jan 11-Feb 29	10:25 am-10:55 am
\$53(P)/\$64(N)		Ages: 1½-3	North Pool
#9796	Thu	Mar 11-May 6	9 am-9:30 am
\$53(P)/\$64(N)		Ages: 1½-3	North Pool
#9797	Sat	Mar 6-May 1	10:10 am-10:40 am
\$53(P)/\$64(N)		Ages: 1½-3	North Pool
#9798	Sat	Mar 6-May 1	11:25 am-11:55 am
\$53(P)/\$64(N)		Ages: 1½-3	North Pool
#9799	Sun	Mar 7-May 2	10:25 am-10:55 am
\$53(P)/\$64(N)		Ages: 1½-3	North Pool

Bobbers 1 - Adult/Child

Along with a parent, children learn to adjust to the water! They learn the simple water skills such as submerging, floating, kicking and arm stroking. An adult MUST accompany EACH child into the water.

#9774	Thu	Jan 8-Feb 26	9:30 am-10 am
\$53(P)/\$64(N)		Ages: 3-5	North Pool
#9775	Sat	Jan 10-Feb 28	9 am-9:30 am
\$53(P)/\$64(N)		Ages: 3-5	North Pool
#9776	Sat	Jan 10-Feb 28	10:50 am-11:20 am
\$53(P)/\$64(N)		Ages: 3-5	North Pool
#9777	Sun	Jan 11-Feb 29	8:40 am-9:10 am
\$53(P)/\$64(N)		Ages: 3-5	North Pool
#9778	Thu	Mar 11-May 6	9:30 am-10 am
\$53(P)/\$64(N)		Ages: 3-5	North Pool
#9779	Sat	Mar 6-May 1	9 am-9:30 am
\$53(P)/\$64(N)		Ages: 3-5	North Pool
#9780	Sat	Mar 6-May 1	10:50 am-11:20 am
\$53(P)/\$64(N)		Ages: 3-5	North Pool
#9781	Sun	Mar 7-May 2	8:40 am-9:10 am
\$53(P)/\$64(N)		Ages: 3-5	North Pool

Bobbers 2 - Adult/Child

Children who already know how to do a front float with a kick should take this class. Children will work on back floats, combining parts of the crawl stroke, and endurance. Work in the deep end is done as well. An adult MUST accompany EACH child into the water.

#9782	Sat	Jan 10-Feb 28	8:25 am-8:55 am
\$53(P)/\$64(N)		Ages: 3-5	North Pool
#9783	Sat	Jan 10-Feb 28	9:35 am-10:05 am
\$53(P)/\$64(N)		Ages: 3-5	North Pool
#9784	Sun	Jan 11-Feb 29	9:50 am-10:20 am
\$53(P)/\$64(N)		Ages: 3-5	North Pool
#9785	Sat	Mar 6-May 1	8:25 am-8:55 am
\$53(P)/\$64(N)		Ages: 3-5	North Pool
#9786	Sat	Mar 6-May 1	9:35 am-10:05 am
\$53(P)/\$64(N)		Ages: 3-5	North Pool
#9787	Sun	Mar 7-May 2	9:50 am-10:20 am
\$53(P)/\$64(N)		Ages: 3-5	North Pool

Preschool Classes

We Love Parents But...In order to assist us in offering a quality program for your preschooler, we ask that you do not remain at the class unless it is otherwise stated in the description. Experience has shown that preschoolers are easily distracted due to their short attention spans. Thank you for your cooperation. Registration deadline for all activities is one week prior to the start of the class unless otherwise noted.

Floater 1

Floater 1 is designed for children who need to become adjusted to the water. Children will learn to do front/back floats, kicking, and arm stroking as well as putting their face in the water. They also will learn to swim five yards on their front.

#9557	Mon	Jan 5-Feb 23	3:30 pm-4 pm
\$59(P)/\$70(N)		Ages: 4-6	North Pool
#9559	Fri	Jan 9-Feb 27	4 pm-4:30 pm
\$59(P)/\$70(N)		Ages: 4-6	North Pool
#9560	Sat	Jan 10-Feb 28	9 am-9:40 am
\$59(P)/\$70(N)		Ages: 4-6	North Pool
#9561	Sun	Jan 11-Feb 29	9 am-9:40 am
\$59(P)/\$70(N)		Ages: 4-6	North Pool
#9562	Sun	Jan 11-Feb 29	10:30 am-11:10 am
\$59(P)/\$70(N)		Ages: 4-6	North Pool
#9677	Mon	Mar 8-May 3	3 pm-3:30 pm
\$59(P)/\$70(N)		Ages: 4-6	North Pool
#9678	Fri	Mar 12-May 7	4 pm-4:30 pm
\$59(P)/\$70(N)		Ages: 4-6	North Pool

#9680	Sat	Mar 6-May 1	9 am-9:40 am
\$59(P)/\$70(N)		Ages: 4-6	North Pool
#9681	Sat	Mar 6-May 1	10:30 am-11:10 am
\$59(P)/\$70(N)		Ages: 4-6	North Pool
#9682	Sun	Mar 7-May 2	9 am-9:40 am
\$59(P)/\$70(N)		Ages: 4-6	North Pool

Floaters 2

Children who are comfortable in the water, can submerge for 5-10 seconds and know how to swim five yards on their front should take this class. Children will continue to work on and develop basic swimming skill such as front/back glides, kicking, arm strokes and rhythmic breathing.

#9563	Mon	Jan 5-Feb 23	4 pm-4:30 pm
\$59(P)/\$70(N)		Ages: 4-6	North Pool
#9564	Tue	Jan 6-Feb 24	5 pm-5:30 pm
\$59(P)/\$70(N)		Ages: 4-6	North Pool
#9566	Wed	Jan 7-Feb 25	3:30 pm-4 pm
\$59(P)/\$70(N)		Ages: 4-6	North Pool
#9567	Thu	Jan 8-Feb 26	5 pm-5:30 pm
\$59(P)/\$70(N)		Ages: 4-6	North Pool
#9568	Fri	Jan 9-Feb 27	4:30 pm-5 pm
\$59(P)/\$70(N)		Ages: 4-6	North Pool
#9569	Sat	Jan 10-Feb 28	9:45 am-10:25 am
\$59(P)/\$70(N)		Ages: 4-6	North Pool
#9570	Sat	Jan 10-Feb 28	10:30 am-11:10 am
\$59(P)/\$70(N)		Ages: 4-6	North Pool
#9572	Sun	Jan 11-Feb 29	9:45 am-10:25 am
\$59(P)/\$70(N)		Ages: 4-6	North Pool
#9573	Sun	Jan 11-Feb 29	11:15 am-11:55 am
\$59(P)/\$70(N)		Ages: 4-6	North Pool
#9683	Mon	Mar 8-May 3	4 pm-4:30 pm
\$59(P)/\$70(N)		Ages: 4-6	North Pool
#9684	Tue	Mar 9-May 4	5 pm-5:30 pm
\$59(P)/\$70(N)		Ages: 4-6	North Pool
#9685	Wed	Mar 10-May 5	3:30 pm-4 pm
\$59(P)/\$70(N)		Ages: 4-6	North Pool
#9686	Thu	Mar 11-May 6	5 pm-5:30 pm
\$59(P)/\$70(N)		Ages: 4-6	North Pool
#9687	Fri	Mar 12-May 7	4:30 pm-5 pm
\$59(P)/\$70(N)		Ages: 4-6	North Pool
#9688	Sat	Mar 6-May 1	9:45 am-10:25 am
\$59(P)/\$70(N)		Ages: 4-6	North Pool
#9689	Sat	Mar 6-May 1	11:15 am-11:55 am
\$59(P)/\$70(N)		Ages: 4-6	North Pool

#9690	Sun	Mar 7-May 2	9:45 am-10:35 am
\$59(P)/\$70(N)		Ages: 4-6	North Pool
#9691	Sun	Mar 7-May 2	11:15 am-11:55 am
\$59(P)/\$70(N)		Ages: 4-6	North Pool

Strokers 1

Children who can swim a combined stroke on the front and back and can do kicking with arm stroking for at least 8 yards should take this class. Stroke development, back crawl, whip kick, treading water and rhythmic breathing will be taught.

#9574	Mon	Jan 5-Feb 23	4:30 pm-5 pm
\$59(P)/\$70(N)		Ages: 4-6	North Pool
#9576	Wed	Jan 7-Feb 25	4 pm-4:30 pm
\$59(P)/\$70(N)		Ages: 4-6	North Pool
#9577	Thu	Jan 8-Feb 26	5:30 pm-6 pm
\$59(P)/\$70(N)		Ages: 4-6	North Pool
#9578	Fri	Jan 9-Feb 27	3:30 pm-4 pm
\$59(P)/\$70(N)		Ages: 4-6	North Pool
#9579	Sat	Jan 10-Feb 28	9 am-9:40 am
\$59(P)/\$70(N)		Ages: 4-6	North Pool
#9580	Sun	Jan 11-Feb 29	9 am-9:40 am
\$59(P)/\$70(N)		Ages: 4-6	North Pool
#9581	Sun	Jan 11-Feb 29	11:15 am-11:55 am
\$59(P)/\$70(N)		Ages: 4-6	North Pool
#9692	Mon	Mar 8-May 3	4:30 pm-5 pm
\$59(P)/\$70(N)		Ages: 4-6	North Pool
#9693	Wed	Mar 10-May 5	4 pm-4:30 pm
\$59(P)/\$70(N)		Ages: 4-6	North Pool
#9694	Thu	Mar 11-May 6	5:30 pm-6 pm
\$59(P)/\$70(N)		Ages: 4-6	North Pool
#9695	Fri	Mar 12-May 7	3:30 pm-4 pm
\$59(P)/\$70(N)		Ages: 4-6	North Pool
#9696	Sat	Mar 6-May 1	9 am-9:40 am
\$59(P)/\$70(N)		Ages: 4-6	North Pool
#9697	Sun	Mar 7-May 2	10:30 am-11:10 am
\$59(P)/\$70(N)		Ages: 4-6	North Pool

Strokers 2

Children who can swim a coordinated crawl stroke and backstroke for 15 yards and are comfortable in the deep water should take this class. Children will work on perfecting front/back crawl, and treading water. Students will be introduced to elementary backstroke and breaststroke.

#9582	Tue	Jan 6-Feb 24	5:30 pm-6 pm
\$59(P)/\$70(N)		Ages: 4-6	North Pool
#9583	Wed	Jan 7-Feb 25	4:30 pm-5 pm
\$59(P)/\$70(N)		Ages: 4-6	North Pool

#9588	Sun	Jan 11-Feb 29	9:45 am-10:25 am
\$59(P)/\$70(N)		Ages: 4-6	North Pool
#9698	Tue	Mar 9-May 4	5:30 pm-6 pm
\$59(P)/\$70(N)		Ages: 4-6	North Pool
#9699	Wed	Mar 10-May 5	4:30 pm-5 pm
\$59(P)/\$70(N)		Ages: 4-6	North Pool
#9700	Sat	Mar 6-May 1	9 am-9:40 am
\$59(P)/\$70(N)		Ages: 4-6	North Pool
#9701	Sat	Mar 6-May 1	9:45 am-10:25 am
\$59(P)/\$70(N)		Ages: 4-6	North Pool
#9706	Sun	Mar 7-May 2	9 am-9:40 am
\$59(P)/\$70(N)		Ages: 4-6	North Pool

Children's Swim Classes

We Love Parents, but..... To assist us in offering a quality program for your child, we ask that parents wait in the lobby during classes. Experience has shown that children are easily distracted because of their short attention spans.

Swim Team Prep

Swimmers must be able to swim two lengths (50 yards) of a coordinated freestyle, back crawl and one length (25 yards) of a breaststroke. Breaststroke perfection and endurance will be emphasized. Children must have passed Youth 6 and 7 to take this class.

#9618	Sun	Jan 11-Feb 29	9 am-9:40 am
\$53(P)/\$64(N)		Ages: 7+	South Pool
#9619	Sun	Jan 11-Feb 29	10:30 am-11:10 am
\$53(P)/\$64(N)		Ages: 7+	South Pool
#9731	Sat	Mar 6-May 1	9:45 am-10:25 am
\$53(P)/\$64(N)		Ages: 7+	South Pool

Youth 1

Water adjust is the focus in this class! Children will be introduced to front and back floats, kicking, arm stroking, blowing bubbles and swimming five yards. Children, when ready, will work on skills taught in Youth 2!

#9589	Tue	Jan 6-Feb 24	4:30 pm-5 pm
\$53(P)/\$64(N)		Ages: 6+	North Pool
#9590	Sat	Jan 10-Feb 28	9:45 am-10:25 am
\$53(P)/\$64(N)		Ages: 6 +	North Pool
#9591	Sun	Jan 11-Feb 29	9 am - 9:40 am
\$53(P)/\$64(N)		Ages: 6 +	North Pool
#9592	Sun	Jan 11-Feb 29	10:30 am-11:10 am
\$53(P)/\$64(N)		Ages: 6 +	North Pool
#9593	Sun	Jan 11-Feb 29	11:15 am-11:55 am
\$53(P)/\$64(N)		Ages: 6 +	North Pool

#9709	Tue	Mar 9-May 4	4:30 pm-5 pm
\$53(P)/\$64(N)		Ages: 6+	North Pool
#9710	Sat	Mar 6-May 1	9 am-9:40 am
\$53(P)/\$64(N)		Ages: 6 +	North Pool
#9711	Sun	Mar 7-May 2	11:15 am-11:55 am
\$53(P)/\$64(N)		Ages: 6 +	North Pool
#9713	Sat	Mar 6-May 1	10:30 am-11:10 am
\$53(P)/\$64(N)		Ages: 6 +	North Pool

Youth 2

Children who can submerge for 5-10 seconds and do a front float should take this class. They will work on basic swimming skills such as front and back glides, arm stroking on front and back, kicking and rhythmic breathing.

#9594	Thu	Jan 8-Feb 26	4:30 pm-5 pm
\$53(P)/\$64(N)		Ages: 6 +	North Pool
#9595	Sat	Jan 10-Feb 28	9 am-9:40 am
\$53(P)/\$64(N)		Ages: 6 +	North Pool
#9596	Sat	Jan 10-Feb 28	10:30 am-11:10 am
\$53(P)/\$64(N)		Ages: 6 +	North Pool
#9597	Sun	Jan 11-Feb 29	9:45 am-10:25 am
\$53(P)/\$64(N)		Ages: 6 +	North Pool
#9598	Sun	Jan 11-Feb 29	10:30 am-11:10 am
\$53(P)/\$64(N)		Ages: 6 +	North Pool
#9714	Thu	Mar 11-May 6	4:30 pm- 5 pm
\$53(P)/\$64(N)		Ages: 6 +	North Pool
#9715	Sat	Mar 6-May 1	9:45 am-10:25 am
\$53(P)/\$64(N)		Ages: 6 +	North Pool
#9716	Sat	Mar 6-May 1	10:30 am-11:10 am
\$53(P)/\$64(N)		Ages: 6 +	North Pool
#9717	Sun	Mar 7-May 2	9:45 am-10:25 am
\$53(P)/\$64(N)		Ages: 6 +	North Pool

Youth 3

Children who can swim a combined stroke for five yards (kicking while moving their arms) on the front and back should take this class. Children will learn to develop stroke improvement, back crawl, whip kick, treading water and rhythmic breathing.

#9599	Sat	Jan 10-Feb 28	9:45 am-10:25 am
\$53(P)/\$64(N)		Ages: 6 +	North Pool
#9601	Sun	Jan 11-Feb 29	9 am-9:40 am
\$53(P)/\$64(N)		Ages: 6 +	North Pool
#9602	Sun	Jan 11-Feb 29	11:15 am-11:55 am
\$53(P)/\$64(N)		Ages: 6 +	North Pool
#9718	Sat	Mar 6-May 1	10:30 am-11:10 am
\$53(P)/\$64(N)		Ages: 6 +	North Pool

#9719	Sat	Mar 6-May 1	11:15 am-11:55 am
\$53(P)/\$64(N)		Ages: 6 +	North Pool
#9720	Sun	Mar 7-May 2	10:30 am-11:10 am
\$53(P)/\$64(N)		Ages: 6 +	North Pool

Youth 4

Children who are comfortable in the water and can swim a coordinated crawl stroke and backstroke for 15 yards should take this class. Children will work on perfecting front crawl, back crawl and treading water. Students will be introduced to elementary backstroke and breaststroke as well as butterfly arms.

#9603	Sat	Jan 10-Feb 28	10:30 am-11:10 am
\$53(P)/\$64(N)		Ages: 6 +	North Pool
#9604	Sun	Jan 11-Feb 29	9:45 am-10:25 am
\$53(P)/\$64(N)		Ages: 6 +	North Pool
#9606	Sun	Jan 11-Feb 29	10:30 am-11:10 am
\$53(P)/\$64(N)		Ages: 6 +	North Pool
#9607	Sun	Jan 11-Feb 29	11:15 am-11:55 am
\$53(P)/\$64(N)		Ages: 6 +	North Pool
#9721	Sat	Mar 6-May 1	10:30 am-11:10 am
\$53(P)/\$64(N)		Ages: 6 +	North Pool
#9722	Sat	Mar 6-May 1	11:15 am-11:55 am
\$53(P)/\$64(N)		Ages: 6 +	North Pool
#9723	Sun	Mar 7-May 2	9 am-9:40 am
\$53(P)/\$64(N)		Ages: 6 +	North Pool

Youth 5

Children who can already swim one length of front crawl, back crawl and can swim 15 yards of elementary backstroke in good form as well as tread water, dive into and swim in deep water should take this class. Children will learn breaststroke and sidestroke. All other previously learned strokes will be refined.

#9608	Sat	Jan 10-Feb 28	9 am-9:40 am
\$53(P)/\$64(N)		Ages: 7 +	South Pool
#9609	Sun	Jan 11-Feb 29	9:45 am-10:25 am
\$53(P)/\$64(N)		Ages: 7 +	South Pool
#9610	Sun	Jan 11-Feb 29	11:15 am-11:55 am
\$53(P)/\$64(N)		Ages: 7 +	South Pool
#9611	Sun	Jan 11-Feb 29	12 noon-12:40 pm
\$53(P)/\$64(N)		Ages: 7 +	South Pool
#9724	Sat	Mar 6-May 1	9:45 am-10:25 am
\$53(P)/\$64(N)		Ages: 7 +	South Pool
#9725	Sat	Mar 6-May 1	11:15 am-11:55 am
\$53(P)/\$64(N)		Ages: 7 +	North Pool
#9726	Sun	Mar 7-May 2	11:15 am-11:55 am
\$53(P)/\$64(N)		Ages: 7 +	South Pool

Youth 6

The ability to swim two lengths (50 yards) of front crawl, back crawl and swim 15 yards of sidestroke, all in good form, is required for this class. Children will work on breaststroke, turns and the dolphin kick in addition to refining other strokes.

#9612	Sat	Jan 10-Feb 28	9:45 am-10:25 am
\$53(P)/\$64(N)		Ages: 7 +	South Pool
#9613	Sun	Jan 11-Feb 29	9:45 am-10:25 am
\$53(P)/\$64(N)		Ages: 7 +	South Pool
#9614	Sun	Jan 11-Feb 29	12 noon-12:40 pm
\$53(P)/\$64(N)		Ages: 7 +	South Pool
#9727	Sat	Mar 6-May 1	9 am-9:40 am
\$53(P)/\$64(N)		Ages: 7 +	South Pool
#9728	Sat	Mar 6-May 1	9:45 am-10:25 am
\$53(P)/\$64(N)		Ages: 7 +	South Pool
#9729	Sun	Mar 7-May 2	9:45 am-10:25 am
\$53(P)/\$64(N)		Ages: 7 +	South Pool

Youth 7

Swimmers who are able to swim two lengths (50 yards) of freestyle and backstroke and one full length (25 yards) of breaststroke should take this class. Children will work on stroke improvement, endurance, butterfly, turns and racing dives. Swimmers MUST have passed Youth 5, 6 & 7 in order to take this class.

#9616	Sun	Jan 11-Feb 29	9 am-9:40 am
\$53(P)/\$64(N)		Ages: 7 +	South Pool
#9617	Sun	Jan 11-Feb 29	10:30 am-11:10 am
\$53(P)/\$64(N)		Ages: 7 +	South Pool
#9730	Sat	Mar 6-May 1	9 am-9:40 am
\$53(P)/\$64(N)		Ages: 7 +	South Pool
#9732	Sun	Mar 7-May 2	10:30 am-11:10 am
\$53(P)/\$64(N)		Ages: 7 +	South Pool

Adult Swim Classes

Adult Beginner 1

Adults will be introduced to the basic swimming skills such as front and back floats, kicking, arm strokes and rhythmic breathing. This is an aquatic orientation class.

#9733	Wed	Mar 10-May 5	8:30 pm-9:15 pm
\$53(P)/\$64(N)		Ages: 14 +	South Pool
#9836	Wed	Jan 14-Feb 27	8:30 pm-9:15 pm
\$53(P)/\$64(N)		Ages: 14 +	South Pool



Adult Beginner 2

This class is designed for adults who know the basics of swimming but need to work on stroke coordination and rhythmic breathing. Adult Beginner 1 is recommended prior to taking this class.

#9621	Thu	Jan 8-Feb 26	10:20 am-11:10 am
\$53(P)/\$64(N)		Ages: 14 +	South Pool
#9736	Thu	Mar 11-May 6	10:05 am-10:40 am
\$53(P)/\$64(N)		Ages: 14 +	South Pool
#9837	Wed	Mar 10-May 5	8:30 pm-9:15 pm
\$53(P)/\$64(N)		Ages: 14 +	South Pool

Adult Beginner 3

Prerequisite: Swimmers should be at home in deep water, able to tread water and swim 20 yards of crawl stroke and back crawl. Adult Beginner 2 is recommended prior to taking this class. Class will help students refine the crawl stroke, back crawl and teach the elementary backstroke and breaststroke.

#9622	Thu	Jan 8-Feb 26	10:20 am-11:10 am
\$53(P)/\$64(N)		Ages: 14 +	South Pool
#9737	Thu	Mar 11-May 6	10:40 am-11:10 am
\$53(P)/\$64(N)		Ages: 14 +	South Pool

Adult Stroke Correction

Swimmers who have accomplished the basics but need to refine their strokes should take this class. Back crawl, front crawl, breaststroke and sidestroke will be developed. Endurance and breathing are stressed. This class is not for beginners! Adult Beginner 3 is recommended prior to taking this class.

#9623	Wed	Jan 7-Feb 27	8:30 pm-9:15 pm
\$53(P)/\$64(N)		Ages: 14 +	South Pool
#9735	Thu	Mar 11-May 6	10:40 am-11:10 am
\$53(P)/\$64(N)		Ages: 14 +	South Pool

Adult Water Fitness

Aqua Fitness

Class emphasizes aerobics, stretching and toning. Some swimming is done in the Mon., Wed. and Fri. classes. Music is used in the Tues./Thurs. classes. Classes are taught in deep and shallow water.

#9624	Mon, Wed	Jan 5-Feb 25	8:30 am-9:15 am
\$56(P)/\$67(N)		Ages: 18 +	North Pool
#9626	Mon, Wed	Jan 5-Feb 25	9:15 am-10 am
\$56(P)/\$67(N)		Ages: 18 +	North Pool
#9627	Tue, Thu	Jan 6-Feb 26	8:30 am-9:15 am
\$56(P)/\$67(N)		Ages: 18 +	North Pool
#9628	Tue, Thu	Jan 6-Feb 26	9:15 am-10 am
\$56(P)/\$67(N)		Ages: 18 +	North Pool

#9629	Fri	Jan 9-Feb 27	8:30 am-9:15 am
\$28(P)/\$34(N)		Ages: 18 +	North Pool
#9630	Fri	Jan 9-Feb 27	9:15 am-10 am
\$28(P)/\$34(N)		Ages: 18 +	North Pool
#9631	Mon	Jan 5-Feb 23	9:05 pm-9:50 pm
\$28(P)/\$34(N)		Ages: 18 +	North Pool
#9738	Mon, Wed	Mar 8-May 5	8:30 am-9:15 am
\$56(P)/\$67(N)		Ages: 8 +	North Pool
#9739	Mon, Wed	Mar 8-May 5	9:15 am-10 am
\$56(P)/\$67(N)		Ages: 18 +	North Pool
#9740	Tue, Thu	Mar 9-May 6	8:30 am-9:15 am
\$56(P)/\$67(N)		Ages: 18 +	North Pool
#9741	Tue, Thu	Mar 9-May 6	9:15 am-10 am
\$56(P)/\$67(N)		Ages: 18 +	North Pool
#9742	Fri	Mar 12-May 7	8:30 am-9:15 am
\$28(P)/\$34(N)		Ages: 18 +	North Pool
#9743	Fri	Mar 12-May 7	9:15 am-10 am
\$28(P)/\$34(N)		Ages: 18 +	North Pool
#9744	Mon	Mar 8-May 3	9:05 pm-9:50 pm
\$28(P)/\$34(N)		Ages: 18 +	North Pool

Deep Water Workout

Stretch you legs! Enjoy a class taught completely in the deep end of the pool. We provide the water belt, you provide the energy! This will stretch your legs and help tone your whole body.

#9663	Mon	Jan 5-Feb 23	9:15 am-10 am
\$28(P)/\$34(N)		Ages: 18 +	South Pool
#9664	Wed	Jan 7-Feb 25	9:15 am-10 am
\$28(P)/\$34(N)		Ages: 18 +	South Pool
#9665	Fri	Jan 9-Feb 27	9:15 am-10 am
\$28(P)/\$34(N)		Ages: 18 +	South Pool
#9751	Mon	Mar 8-May 3	9:15 am-10 am
\$28(P)/\$34(N)		Ages: 18 +	South Pool
#9752	Wed	Mar 10-May 5	9:15 am-10 am
\$28(P)/\$34(N)		Ages: 18 +	South Pool
#9753	Fri	Mar 12-May 7	9:15 am-10 am
\$28(P)/\$34(N)		Ages: 18 +	South Pool

**For more Swim Fitness
Classes, see page 29**

H2O Aerobics

Come exercise in this low impact aerobics class that uses the resistance of the water to stretch, tone, and strengthen muscles. You do not have to swim to benefit from this class. Equipment and music may be used.

#9633	Tue, Thu	Jan 6-Feb 26	8:20 pm-9:05 pm
\$56(P)/\$67(N)	Ages: 16 +		South Pool
#9745	Tue, Thu	Mar 9-May 6	8:20 pm-9 pm
\$56(P)/\$67(N)	Ages: 16 +		South Pool

H2O Walking

This water fitness program involves walking in waist to chest deep using different steps and directions at varying speeds to achieve cardio-respiratory fitness. 30 minutes of water walking equals to 2 hours of land walking. Class is taught in deep and shallow water. Music may be used.

#9634	Mon	Jan 5-Feb 23	9:15 am-10 am
\$28(P)/\$34(N)	Ages: 18 +		South Pool
#9635	Wed	Jan 7-Feb 25	9:15 am-10 am
\$28(P)/\$34(N)	Ages: 18 +		South Pool
#9636	Fri	Jan 9-Feb 27	9:15 am-10 am
\$28(P)/\$34(N)	Ages: 18 +		South Pool
#9637	Tue	Jan 6-Feb 24	7:35 pm-8:20 pm
\$28(P)/\$34(N)	Ages: 18 +		South Pool
#9638	Thu	Jan 8-Feb 26	7:35 pm-8:20 pm
\$28(P)/\$34(N)	Ages: 18 +		South Pool
#9746	Mon	Mar 8-May 3	9:15 am-10 am
\$28(P)/\$34(N)	Ages: 18 +		South Pool
#9747	Wed	Mar 10-May 5	9:15 am-10 am
\$28(P)/\$34(N)	Ages: 18 +		South Pool
#9748	Fri	Mar 12-May 7	9:15 am-10 am
\$28(P)/\$34(N)	Ages: 18 +		South Pool
#9749	Tue	Mar 9-May 4	7:35 pm-8:20 pm
\$28(P)/\$34(N)	Ages: 18 +		South Pool
#9750	Thu	Mar 11-May 6	7:35 pm-8:20 pm
\$28(P)/\$34(N)	Ages: 18 +		South Pool

Swim 4 Fitness

Learn to swim farther without getting tired. The goal is to swim one mile in 45 minutes without fatigue, using different strokes. Freestyle, backstroke and breaststroke are emphasized. You do not have to be a proficient swimmer to enroll but you must be able to swim 100 yards without stopping. Equipment needed: fins, hand paddles and pull buoys.

#9639	Tue	Jan 6-Feb 24	11:10 am-11:55 am
\$28(P)/\$34(N)	Ages: 16 +		South Pool
#9640	Thu	Jan 8-Feb 26	11:10 am-11:55 am
\$28(P)/\$34(N)	Ages: 16 +		South Pool

#9641	Tue	Jan 6-Feb 24	9:15 pm-10 pm
\$28(P)/\$34(N)	Ages: 16 +		North Pool
#9642	Thu	Jan 8-Feb 26	9:15 pm-10 pm
\$28(P)/\$34(N)	Ages: 16 +		North Pool
#9754	Tue	Mar 9-May 4	11:10 am-11:55 am
\$28(P)/\$34(N)	Ages: 16 +		South Pool
#9755	Thu	Mar 11-May 6	11:10 am-11:55 am
\$28(P)/\$34(N)	Ages: 16 +		South Pool
#9756	Tue	Mar 9-May 4	9:15 pm-10 pm
\$28(P)/\$34(N)	Ages: 16 +		North Pool
#9757	Thu	Mar 11-May 6	9:15 pm-10 pm
\$28(P)/\$34(N)	Ages: 16 +		North Pool

Seniors Swim Classes

60 Plus Swim Class

Maintain a younger you by taking our dynamic water exercise/swim class. Class is designed to emphasize stretching and toning to keep you healthier. Swim equipment is used and the class is taught to music. Note: Senior residents pay passholder fee.

#9643	Tue, Thu	Jan 6-Feb 26	2 pm-2:45 pm
\$16(P)/\$20(N)	Ages: 60 +		South Pool
#9765	Tue, Thu	Mar 9-May 6	2 pm-2:45 pm
\$16(P)/\$20(N)	Ages: 60 +		South Pool

Senior Adult Exercise Program Swim

Need to stop aches and pains? Come have the time of your life in a program designed to rejuvenate, recondition and strengthen tired aching bodies. The natural resistance provided by the water is the ideal environment for a gentle, yet dynamic approach to a healthy body. Note: Senior residents pay passholder fee.

#9650	Mon, Wed	Jan 5-Feb 25	2:30 pm-3:15 pm
\$21(P)/\$25(N)	Ages: 60 +		North Pool
#9769	Mon, Wed	Mar 8-May 5	2:30 pm-3:15 pm
\$21(P)/\$25(N)	Ages: 60 +		North Pool



Senior Aquacize

Senior citizens will benefit from exercising in the water. Ease yourself into the water and get a gentle workout. Join others in this low-impact environment where the water provides gentle resistance to joints and muscles. Note: Senior residents pay passholder fee.

#9653 Mon, Wed, Fri Jan 5-Feb 27 10:10 -10:55 am
\$24(P)/\$29(N) Ages: 60 + North Pool

#9770 Mon, Wed, Fri Mar 8-May 7 10:10 -10:55 am
\$24(P)/\$29(N) Ages: 60 + North Pool

Senior Aquacize - Advanced

Same as Senior Aquacize only faster paced. Note: Senior residents pay passholder fee.

#9656 Mon, Wed, Fri Jan 5-Feb 27 11:05 -11:50 am
\$24(P)/\$29(N) Ages: 60 + South Pool

#9771 Mon, Wed, Fri Mar 8-May 7 11:05 -11:50 am
\$24(P)/\$29(N) Ages: 60 + South Pool

Special Swim

Aqua MS

Exercise class for individuals suffering from MS. Class is geared toward increasing flexibility, improving ambulating, coordinating fine motor skills and building endurance in a warm and friendly environment.

#9646 Tue, Thu Jan 6-Feb 26 9:30 am-10:30 am
\$43(P)/\$52(N) Ages: 14 + North Pool

#9768 Tue, Thu Mar 9-May 6 9:30 am-10:30 am
\$43(P)/\$52(N) Ages: 14 + North Pool

Aqua Pre and Post Natal Workout

This course designed with the needs of women who are currently pregnant or recently have delivered their child. This low-impact class will help keep you fit during and after your pregnancy. Check with your doctor before starting this class.

#9668 Thu Jan 8-Feb 26 9:35 am-10:15 am
\$30(P)/\$36(N) Ages: 18 + South Pool



Arthritis, Fibromyalgia, TBI, MS, Stroke

These classes are designed for those suffering from Arthritis, Fibromyalgia, Joint Replacements, Stenosis, Traumatic Brain Injuries, Multiple Sclerosis, Stroke and other related disorders. The classes are geared towards increasing muscle strength, flexibility, range of motion, endurance, increasing your cardiovascular system and pain reduction.

#9644 Mon, Wed Jan 5-Feb 25 9:30 am-10:30 am
\$43(P)/\$52(N) Ages: 14 + North Pool

#9645 Tue, Thu Jan 6-Feb 26 8:30 am-9:30 am
\$43(P)/\$52(N) Ages: 14 + North Pool

#9766 Mon, Wed Mar 8-May 5 9:30 am-10:30 am
\$43(P)/\$52(N) Ages: 14 + North Pool

#9767 Tue, Thu Mar 9-May 6 8:30 am-9:30 am
\$43(P)/\$52(N) Ages: 14 + North Pool

Aquatic Doctor's Orders

The doctors have spoken. Now practice what they preach! Water provides a stress-free environment in which to continue therapy and rehabilitation. Learn additional skills in this multi-level modified exercise class. Class is tailored to individual needs.

#9660 Tue, Thu Jan 6-Feb 26 10:10 am-10:55 am
\$63(P)/\$76(N) Ages: 18 + North Pool

#9772 Tue, Thu Mar 9-May 6 10:10 am-10:55 am
\$63(P)/\$76(N) Ages: 18 + North Pool

Rockville Masters Swimming

This program is designed specifically for swimmers who are competing in the Masters Program of United States Swimming Inc. Those participating in the RMSC group will not, however, be required to 'attach' to RMSC for team purposes. This program will offer a structured swimming workout with a professional coach. Participants will be expected already to have attained a reasonable level of proficiency in at least two of four competitive strokes. Purchase your pass-card at the Front Desk.

#9661 Mon, Wed, Fri Jan 5-Apr 30 6:30 am-7:30 am
\$115(P)/\$145(N) Ages: 18 + South Pool

Women's Synchronized Swimming

Join us and combine swimming and exercise at the same time. This exciting class will teach you water movements and the strokes you need. Class may be split according to ability.

#9662 Tue Jan 6-Feb 24 9:30 am-11 am
\$51(P)/\$61(N) Ages: 18 + South Pool

#9773 Tue Mar 9-May 4 9:30 am-11 am
\$51(P)/\$61(N) Ages: 18 + South Pool